

WELLBEING: AN **INSIDE OUT** ISSUE – PART 2

16th May 2021
#tbsundayteaching

WELLBEING: AN **INSIDE OUT** ISSUE - CATCH UP

In the first part of this short series we looked at Proverbs 4:23-27 and listened to the beginning of a talk by Dr John Andrews.

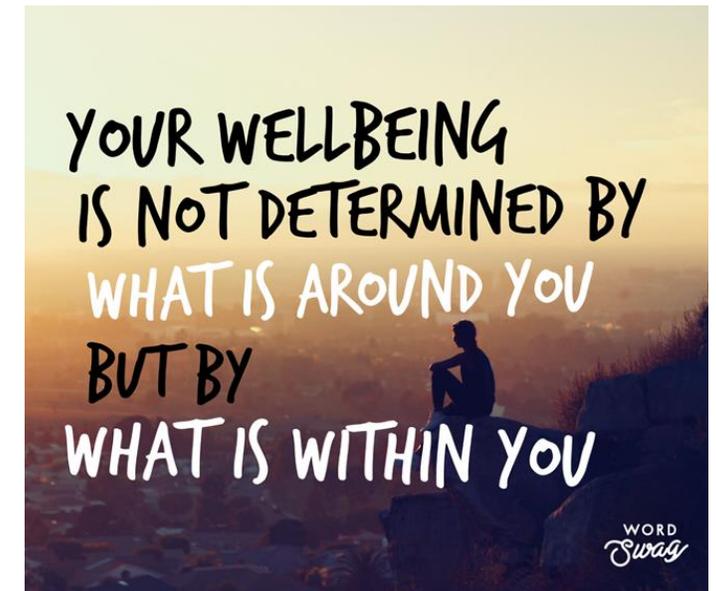


Dr John Andrews reminded us that:

1. That the **wellbeing of our hearts** is vitally important.
2. That how we are **inside** affects our **outside**.
3. That we need to **take care** of our hearts.

If you missed it you can catch up on the teaching here:

[Wellbeing: An Inside Out Issue – Part 1](#)



WELLBEING: AN **INSIDE OUT** ISSUE

We are now going to listen to the final part of the talk where John discusses 3 practical ways we can “**guard out hearts**”.

Read Proverbs 2:23-27 again first, then **listen** to the talk and **think** about the questions and reflections on the following pages.

<https://www.youtube.com/watch?v=GKGnl22RXIq&t=3828s>

I have taken each point in turn so you can pause the after each one and look at the questions or listen to it all. It's up to you.



GUARD YOUR HEART — FOOD: THE WORD

'If Your law had not been my delight, I would have perished in my affliction' Psalm 119:92

John says:

**"If I want my heart to be well
I need to be intentional about what I put inside it"**

- What do you think John means by this?
- How can we intentionally and regularly engage with the word of God?
- What do you currently do? What could you do?



We looked at how and why we read the Bible in previous sessions. You can find them on the website: [Part 1](#) [Part 2](#) [Part 3](#)

GUARD YOUR HEART — FOCUS: WORSHIP

‘Seven times a day I praise You for Your righteous laws’ Psalm 119:164

John says:

“What we are **looking at - our lives are moving towards”**

- Where are your eyes fixed? What are you focused on?
- What are some of the ways that we can focus on God?
- How can you **intentionally and regularly** worship God?

Think about the different ways we can worship – it is **more than just singing.**

Take a look at the session **[“Maker of the Moon”](#)** for one of the ways I use to intentionally worship God.

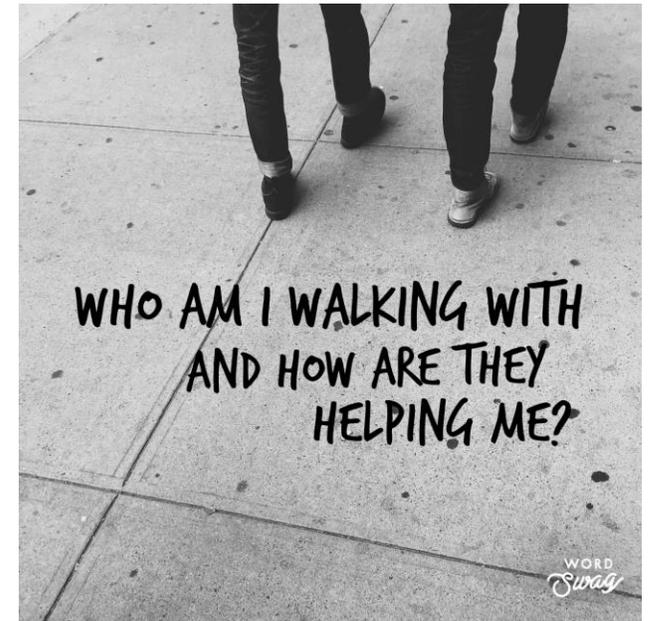


GUARD YOUR HEART — FRIENDS: WALK

'He who walks with the wise grows wise, but a companion of fools suffers harm'
Proverbs 13:20

John says: “The **company we keep can impact the condition of our hearts”**

- Who are you surrounding yourself with?
- How are they **helping you**?
Are they building you up or are they pulling you down?
- Do your friends help you to walk closer to God?
Or do they pull you further away?



Ask the Holy Spirit to reveal to you any “company” that you need to part ways with and the **courage and wisdom to do so.**

WORSHIP & PRAYER

Finally, spend some time in **worship and prayer** – speak to God about the things that you have learnt in this session or anything that is on your heart.

You can listen to some worship music, here are some ideas:

[Here's My Heart Lord – Lauren Daigle](#)

[Your Praise Will Ever Be on My Lips – Bethel Music](#)

[Way Maker – Leeland](#)

[Raise a Hallelujah – Bethel Music](#)

[Surrounded \(This is How I Fight my Battles\) – Upper Room](#)

